

Point of Care Blood Tests



What are point of care blood tests?

Point of care blood tests are tests that are done within the consultation, so you receive the results immediately instead of waiting for a laboratory analysis. Blood tests are carried out to test a wide range of conditions including diabetes, cholesterol, liver function and your risk of heart attack.

How should I prepare for point of care blood tests?

Occasionally you will need to fast before a blood test. A member of the Venturi team will let you know if this is the case.

What happens on the day?

On the day, a strap will be wrapped around your upper arm to make your vein more obvious. The area around the vein will then be cleaned and a small needle will be injected into your vein. The needle will be attached to a small bottle. A small amount of blood will be withdrawn.

If you are feeling anxious or nervous about the procedure, please let the team know in advance. They will be able to support you and recommend strategies such as breathing techniques to help you complete it with minimal stress and discomfort.



What happens after a blood test?

Once the sample has been taken, you will be asked to apply pressure to the area for a few minutes. You can remove any dressing as soon as you feel able.

You may still get a small bruise or swelling where the needle went into your skin, but this is nothing to be concerned about and it should go down within a couple of days.

Does a blood test hurt?

You may feel a slight sharp pricking sensation as the needle goes into your skin or pricks your finger, but it should not be painful.

If you don't like needles, let the person who is taking the sample know so they can reassure you. It may be possible for you to apply a cream that numbs the area before you have the test, but this will take a little while to be effective, so it might be an idea to apply it before you go to have the test done.

Rarely, some people feel faint during a blood test. This is more likely to happen if you are dehydrated, so try to drink some water before having your blood test. Let the doctor or healthcare professional know if you are prone to fainting before the test as they may suggest you lie down while having your blood taken.